

The present invention relates to a shoe (100) capable of indicating the approximate remaining useful life of the shock absorbing capability of the shoe (100).

One preferred embodiment includes at least one sensor (120), operational circuitry (122) to manipulate the data received from the sensor (120), a display (124) for displaying a signal from the operational circuitry (122) either in audible or visual form relating to the remaining estimated life of the shoe (100), a power source (126) to provide the necessary electric power, and a switch or button (128) for activating the display (124).